

# **POLA ASUH IBU DAN KEJADIAN *STUNTING* DI WILAYAH KERJA PUSKESMAS TULUNGREJO KABUPATEN BANYUWANGI**

## **ABSTRAK**

*Stunting* (tubuh pendek) didefinisikan sebagai keadaan tubuh yang pendek atau sangat pendek hingga melampaui  $-2$  SD di bawah median panjang berdasarkan tinggi badan menurut usia. Tujuan penelitian ini untuk mengetahui gambaran pola asuh dan kejadian *stunting* di wilayah kerja Puskesmas Tulungrejo Kabupaten Banyuwangi. Metode penelitian ini bersifat deskriptif dengan pendekatan *cross sectional*. Sampel penelitian sebanyak 52 balita. Teknik pengambilan sampel menggunakan *Simple Random Sampling*. Pola asuh ibu yang memiliki balita *stunting* usia 2-5 tahun di Wilayah kerja Puskesmas Tulungrejo Kabupaten Banyuwangi mempunyai frekuensi pendistribusian balita dengan kategori paling rendah sebanyak 52 orang, dapat disimpulkan bahwa seluruh ibu balita di wilayah tersebut tidak melakukan penyiapan makanan balita dengan baik dan frekuensi pola pencarian layanan kesehatan dengan kategori baik sebanyak 31 orang. Peneliti menyarankan kepada berbagai pihak khususnya kepada ibu balita bahwa pentingnya meningkatkan pola asuh pada balita untuk mengurangi resiko *stunting*.

***Kata Kunci: Stunting, Pola Asuh***

**MOTHER PARENTING PATTERN AND EVENTS OF STUNTING IN THE  
WORK OF TULUNGREJO HEALTH CENTER, BANYUWANGI DISTRICT**

**ABSTRACT**

*Stunting is defined as a short or very short body state that exceeds -2 SD below the median length based on height according to age. The purpose of this study is to describe the pattern of parenting and the incidence of stunting in the work area of Tulungrejo Community Health Center, Banyuwangi Regency. The method of this research is descriptive with cross sectional approach. The study sample was 52 toddlers. The sampling technique uses Simple Random Sampling. The upbringing of mothers who have stunting toddlers aged 2-5 years in the working area of Tulungrejo Community Health Center in Banyuwangi Regency has a frequency of distributing children with the lowest category as many as 52 people, it can be concluded that all under-five mothers in the area do not prepare toddler food well and frequency patterns search for health services with a good category of 31 people.*

*Researchers suggest to various parties especially to mothers of toddlers that the importance of increasing parenting for toddlers to reduce the risk of stunting.*

*Keywords: Stunting, Parenting*